



### Dojo Kun

- 1.) We are proud to study the spirit of Goju
- 2.) We shall always practice courtesy
- 3.) We shall always be quick to seize opportunity
- 4.) We shall always practice patience
- 5.) We shall always keep the fighting spirit of Karate

### Three Rules of a Dojo

- 1.) Everyone Works
- 2.) Nothing is free
- 3.) Everyone starts at the bottom

### Four Levels of Training

Kihon	The Basics
Kihon Ido	Basic Movements
Kata	Formal Movements
Jiyu Kumite	Free Sparring

### Commands

Mukuso	To Meditate
Yoi	To Open
Hajime	To Begin
Yame	Stop
Yasume	Relax
Naotte	To Close or Rest
Yukkuri	Slowly
Hayaku	Quickly
Narande	Line Up
Mawatte	Turn
Tate	Stand Up
Suware	Sit
Kamate	Assume the posture

### Counting

1 - Ichi	6 - Roku
2 - Ni	7 - Shichi
3 - San	8 - Hachi
4 - Shi (Yon)	9 - Ku
5 - Go	10 - Ju

### Colors

Shiro	White
Kiuro	Yellow
Midori	Green
Murasake	Purple
Chairo	Brown

### Kihon

Jodan Zuke	Upper Punch
Chudan Zuke	Middle Punch
Gedan Zuke	Lower Punch
Age Uke	Upward Block
Yoko Uke	Side (Inside-Outside) Block
Haraiotoshi Uke	Downward Block
Uche Ude Uke	Inward Forearm Block
Mae Geri	Front Kick
Ushiro Geri	Back Kick
Mae Ushiro Geri	Front-Back Kick
Mawashi Geri	Circular (Roundhouse) Kick
Neko Ashi Geri	Cat Foot Kick
Kensetsu Geri	Kneejoint Kick
Shuto Uchi Sakotsu	Sword hand strike - collarbone
Shuto Uchi Komekami	Sword hand strike - temple
Uraken Uchi	Backfist Strike
Jodan	Upper
Chudan	Middle
Gedan	Lower
San Bon Zuke	3-Part Punch
Uke Zuke Renzoku	Block Punch Combination
Mae Tori	Front Grab
Ushiro Shime	Rear Choque
Ude Garame	Arm Lock
San Bon Ido	3-Part Moving Exercise
Age Uke	Upper Block
Yoko Uke	Side (Inside-Outside) Block
Soto Shuto Uke	Outward Knife hand Block
Schichi Ashi Nami	Seven Step

### Ceremonial Expressions

Onegaishimasu	Please instruct us
O tagi ni rei	Bow to one another
...ni taishite	Place face
Domo arrigato gozaimashita	Thank you for teaching me
Sinen jun juni	Line up according to belt rank
Muichido Kudasai	One more time please

### Miscellaneous Terminology

Sensei	Teacher	Rei	Bow	Embusen Line	Performance Line
Dojo	Training Hall	Kirei	Formal Bow	Hiki Te	Chambered Hand
Shomen	Front of Dojo	Bunkai	Breakdown	Hiki Ashi	Chambered Leg
Deshi	Disciple	Ato	Backward	Te	Hand
Karateka	Karate student	Waza	Technique	Ashi	Leg
Goju Ryu	Hard Soft Style	Tokuiwaza	Favorite Technique	Kakato	Heel
Karate	Empty Hand	Migi	Right	Hiji	Elbow
Obi	Belt	Hidari	Left	Hiza	Knee
Shodan	Black belt	Otoshi	Downward	Shitei Kata	Kata Required for Rank
Sempai	Senior Student	Kyu	Level	Gorei Nashi	Execute kata without command
Kohai	Junior Student	Dan	Degree	Taikyoku	Four Directions
Seiza	Kneeling position	Dachi	Stance	Keiko	Training
Kiai	Shout of spirit	Semete	Attacker	Ukete	Defender
Reigi	Etiquette	Kime	Focus	Keiko	Training
Kami	Posture	Gi	Uniform	Junbi Undo	Warm Up
Hangeki	Counter Attack	Hai (HA-ee)	Yes	IIE (EE-yay)	No

### Kihon Dachi

Heisoku Dachi  
Mujsubi Dachi  
Heiko Dachi  
Soto Hachi Monji Dachi  
Uchi Hachi Monji Dachi  
Shiko Dachi

### Other Dachi

Zenkutsu - Front Leaning  
Sanchin - Hourglass  
Neko Ashi - Cat Foot

### WSGR Lineage

- |   |  |
|---|--|
| 1) Founder of Goju - Chojun Miyagi                        | 3.) Current Grandmaster - Hanshi Lou Angel |
| 2) Grandmaster of Goju - Master Gogen "The Cat" Yamaguchi | 4.) O'Sensei - Shichidan Don Douglas       |